

## INFORMATION FOR PATIENTS

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# Contrast-enhanced spectral mammography (CESM)

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Contrast-enhanced spectral mammography (CESM) is a type of mammogram which will highlight any areas of concern with the use of an x-ray dye, that is injected into a vein before the mammogram images are taken.

### What happens during the test?

When you are in the examination room you will be asked a series of questions about your general health. This is to ensure you have no health issues that would prevent you from having a CESM examination.

A cannula (small plastic tube) is inserted into a vein, either in the crease of the elbow or into the back of hand. It is like a blood test, however, once the cannula is in place a dye is injected into the bloodstream. Following injection of the dye the radiographer will take routine mammogram images, one at a time. The cannula will remain in place until the image quality is assessed and will be removed before you go home.

### What are the risks?

Mammography uses x-ray radiation to produce images of the breasts. The amount of radiation in a CESM examination is within accepted safety levels and is equivalent to the radiation received in a flight to Australia.

Patients have been having the dye (contrast medium) for many years and is generally considered a safe test. There is a slight risk with the injection of a contrast medium because there is a risk of a reaction. Most people will feel a little warm as the contrast flows around the body. Some people develop a rash, and a few people may get a mild asthma attack. The doctor and radiographers in the department are trained to recognise these reactions and treat them.

The dye used in the test can affect the kidneys, however, this is uncommon and in less than 1 in 100 people. Very occasionally the dye can leak into the surrounding tissue around the injection site, which can be uncomfortable, but the staff are trained to position the needle carefully and watch the area for signs that the dye is leaking.

### When should I not have CESM?

If you have any of the following you should not have CESM:

- Breast implant.

- Allergy to iodine.
- Kidney failure.
- You are pregnant or breastfeeding.
- You are unable to tolerate a mammogram.
- You are unable to give informed consent.

### **What will happen after CESM?**

After your CESM you may require further tests such as an ultrasound and possibly a biopsy; this will depend upon the results of the CESM.

Most women feel well after the procedure and may resume normal activities, however, if you feel concerned or unwell please contact a member of the team.

### **Contact details**

Please do not hesitate to contact us if you require any further information or advice:

- Breast Care - clinic 14  
Telephone: 01623622515, extension 3513.

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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